



Shopping List

Beef, Farro & Kale Salad

COMMON PANTRY ITEMS

2 tablespoons vegetable oil
3 tablespoons extra virgin olive oil
salt
black pepper
2 teaspoons sugar

SPICES

flaked salt

GROCERY

1 cup farro
3 cups chicken broth
½ cup dried cranberries
½ cup pistachio nuts
½ teaspoon dijon mustard

PRODUCE

12 oz. kale
12 oz. baby arugula
1 lemon

MEAT

1 lb. food .eez beef tips

DAIRY

6 oz. stilton blue cheese
4 oz. parmesano reggiano